

Personal Trainer



Robert Keller

Professional Credentials:

NSCA, Certified Personal Trainer

NSCA, Certified Strength and Conditioning Specialist

Robert graduated in May 2010 from the California State University San Marcos, earning a B.S. in Kinesiology and was honored with the Kinesiology Department's Outstanding Student Award. Robert is currently pursuing a Master's degree in Kinesiology at Cal State Fullerton with an emphasis in the field of gerokinesiology, focusing on strategies for improving strength, endurance, flexibility, balance, and overall mobility among older adults. Robert's fitness experience includes serving as a fitness specialist for The Golden Door Spa, managing the fitness center at CBS Studios in Studio City, working as an account manager for Johnson & Johnson Health Care Systems and directing operations of The Club at MGM Plaza in Santa Monica, CA. Robert's passion for health and fitness spans 3 decades, finding both personal and professional fulfillment in enabling others to enhance their own quality of life through increased health status, fitness, and physical performance capabilities.